

Good News



Town of Southampton - Senior Services

631-728-1235

Can taking your keys to bed prevent a burglary?



An email that has been circulating since 2006 claims that a car horn alarm can chase away bad guys. All you have to do is activate it from your remote.

The email urges: Take your keys to bed with you!

But is it really a good idea?

The answer from Snopes.com --

don't stake your life on it.

For one thing, in urban areas, car alarms are so common that most people ignore them. If you hear a noise inside or outside your home, crime experts advise calling 911.

Better to keep a telephone next to your bed than your keys.

Why video games can be good for you

Since home video games became popularized in the 80s, killjoys have blamed them for many evils, including creating socially awkward, obese children.

Recent studies do indicate some good for children and adults who play them. Studies show they improve:

Brain function

A growing body of research shows that people who play action-based video and computer games make decisions 25 percent faster than others and without sacrificing accuracy. They make choices and act upon them four times faster

than most people. And they develop the ability to pay attention to six things at once, compared with four for others.

The violent-action games that worry



parents had the strongest beneficial effect on the brain, according to the University of Rochester in New York and at Switzerland's University of Geneva.

Dexterity

A study conducted by psychologists at the University of Rochester found that video game-playing surgical residents and surgeons, who were tasked with performing a certain procedure, were 24 percent faster, made 32 percent fewer errors and scored 26 percent better overall. The percentages were even higher for those who played games frequently.

Eyesight

According to the Rochester studies, people who played action video games for a month were able to identify letters presented in clutter 20 percent better. The results were shown after just 30 hours of play.

Up to 160 Officers Killed in Line of Duty

Celebrated on Tuesday, May 15, Peace Officers Memorial Day honors federal, state and local officers killed or disabled in the line of duty.

According to Concerns of Police Survivors (COPS), 140 to 160 officers are killed in the line of duty each year. Their families and co-workers are left to cope with the loss. The Fraternal Order of Police and its Auxiliary organizations hold a national memorial service in Washington, D.C., on this day, drawing thousands of people from many parts of the U.S. The service is followed by placement of a memorial wreath at the National Law Enforcement Officer Memorial.

Across the country, many businesses and individuals lower their flags to half mast in remembrance of officers who were lost or disabled. Peace Officers Memorial Day was designated in 1961. President John Kennedy set May 15 for the observance.

Across

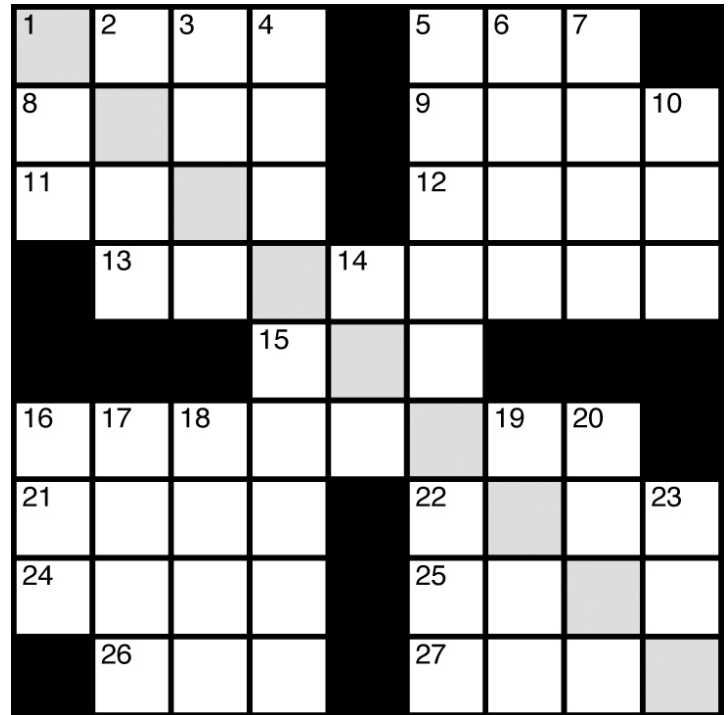
1. Adjusts, as a clock
5. Chinese tea
8. At the summit of
9. Maui dance
11. Scale down
12. Freudian topics
13. Malodors
15. Form of East Indian transportation
16. Scorn
21. Petri dish filler
22. Long, long time
24. ___phone
25. Poi source
26. Sixth sense, for short
27. Coastal raptors

Down

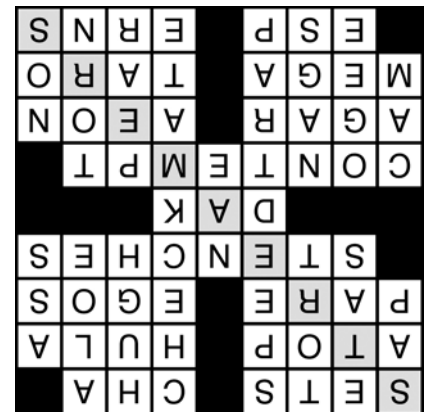
1. Patsy
2. Greek H's
3. Civil wrong
4. Radar is used for this
5. Chess move
6. British actor Grant
7. Hand cream ingredient
10. Biblical beast
14. Highlands negative
16. Engine part, with shaft
17. Arch type
18. Badgers
19. Brandy flavor
20. Conflicted
23. Dissenting votes

Note: The title is a clue to the word in the colored diagonal.

Bands on a May pole



Cinco de Mayo
May 5



What is a Paraprosdokian?

It's a figure of speech in which the latter part of a sentence or phrase is surprising or unexpected in a way that causes the reader or listener to reframe or reinterpret the first part.

Examples:

1. Do not argue with an idiot. He will drag you down to his level and beat you with experience.
2. The last thing I want to do is hurt you. But it's still on my list.
3. Light travels faster than sound. This is why some people appear bright until you hear them speak.
4. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
5. To steal ideas from one person is plagiarism. To steal from many is research.
6. I didn't say it was your fault, I said I was blaming you.
7. I used to be indecisive. Now I'm not so sure.
8. Change is inevitable, except from a vending machine.

High Gasoline Prices Spark Natural Gas Cars

With the price of gasoline approaching \$5 a gallon, automakers are testing natural gas vehicles with consumers.

GM and Chrysler have announced a new heavy-duty natural gas truck with a dual fuel option for gasoline. Meanwhile, Honda is expanding sales of its natural gas Civic.

About 113,000 natural-gas vehicles are on U.S. roads, says NGV America, a trade group for natural-gas vehicles. Worldwide the vehicles are much more popular with 4.2 million on the road in Latin American and 6.8 million in the Asia-Pacific region.

A natural gas vehicle has almost zero carbon emissions, a fact pleasing to those who care deeply about the environment.

Compared to gasoline, natural gas is also a good deal. For the equivalent on one gallon of gas, customers pay \$2 to \$2.59 for natural gas.

But the reality check comes with three steep hits: price, cost and practicality.

Upfront price for a vehicle is higher than gasoline powered cars and trucks. Honda, one of the bigger players in the natural gas vehicle scene, sold 2,000 natural gas Civics in 2011 at a cost of about \$4,000 more than the gasoline powered mode. The bi-fuel Chrysler heavy-duty pickup will cost almost \$12,000 more.

Refilling is more of a problem in the U.S. than in Latin America but in every state power companies offer fueling to the public. Problem is that this might not give you enough fueling stations to actually use the car for travel. Consumers can purchase a natural gas filling station for \$6,000. These stations tap into your home's natural gas line, compressing the gas for use in your car. It takes about six hours to fill up but the gas costs only about \$15. These filling stations could come down in price over time. In addition, natural gas filling stations could become more plentiful as



50 years ago ... in 1962 Wilt Chamberlain scored 100 points in one game

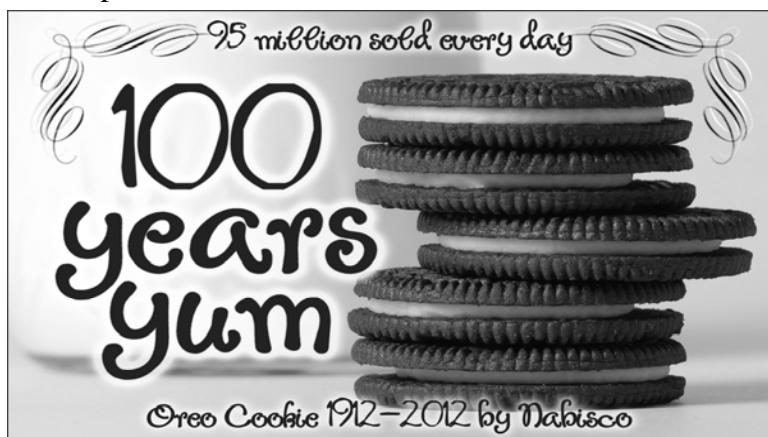
On March 2, 1962, Wilt Chamberlain scored 100 points for the Philadelphia Warriors in their big victory over the New York Knicks.

No player has ever approached this milestone, achieved with fall-aways, dunks and put backs. One of the closest to come to the 100 mark is Kobe Bryant of the Los Angeles Lakers. He scored 81 points against the Toronto Raptors in 2006. It was the NBA's second highest single-game total.

Bryant's performance was available for purchase on DVD just after the game, but it couldn't match Chamberlain's mythology, according to sports writer Gary Pomerante.

Few people saw Chamberlain's big game. There were no TV cameras or photographers to capture it. But as he left the floor in the Hershey, Pennsylvania, fieldhouse, dozens of chocolate factory workers surrounded him, backslapping and reverential.

Off-duty Associated Press photographer Paul Vathis had brought his son to the game. Vathis went to the locker room, had Chamberlain write 100 on a piece of paper and took a picture.



The Surprising Reason Aging Eyes Need Bright Sunlight

It's a well-known fact that aging eyes need brighter light to read. Now it turns out that bright indoor light, or better yet, bright sunlight, helps the body regulate all kinds of internal mechanisms influencing overall health. Older adults' eyes have a role in things as seemingly-unrelated to them as memory and depression, reports The New York Times.

As we get older, the eye lens yellows and the pupil narrows. Less sunlight reaches key cells in the retina that regulate the circadian rhythm system, the internal clock that prompts starting up in the morning and winding down at night.

A team at Brown University discovered that the retina contains photoreceptor cells that communicate directly with the brain, and these are especially receptive to blue light on the light spectrum.

But blue light is filtered by the aging eye. By age 45, adults receive only half the light needed to fully stimulate the circadian rhythm system. By 55, you're down to getting only 37 percent of the blue light, and by age 75, you get only 17 percent. Researchers recommend purposeful exposure to bright sunlight to counter these effects.

If you are contemplating cataract surgery, it's important that the replacement lens doesn't block blue light, as one third of them do.



Some Foods Fight Arthritis Pain

You probably know that omega-3 fatty acids are good for your heart, but they are also good for reducing arthritis pain. These essential fatty acids are found in foods including coldwater fish, like salmon, tuna and halibut, flaxseeds and walnuts. They decrease inflammation in the body.

Olive oil contains a natural compound called oleocanthal, which blocks the same inflammatory pathways as ibuprofen and aspirin. Green tea contains a natural antioxidant called EGCG that works to stop the production of certain inflammatory chemicals involved in arthritis.

Citrus fruits like oranges and grapefruit, contain vitamin C, one of the nutrients most responsible for the health of collagen. Other C-rich foods are bell peppers, strawberries, pineapple, broccoli, kidney beans, and kiwi.

Cherries, all berries, red and black grapes and plums all contain a powerful antioxidant. It can defuse the dangerous free radicals that irritate body tissues and cause the inflammation that is typical in arthritis.

Wrap Your Fingers Around This BLT

According to foodtimeline.org, bacon and lettuce recipes can be traced all the way back to the Roman Empire. Tomatoes that complete the BLT were introduced to Europe in the 16th century and sandwiches in the 18th century.

Since the 19th century, the BLT, in one form or another, has been a staple on menus from sandwich counters to haute cuisine tea rooms.

Traditionally, the ingredients appear as flat slices of toasted white sandwich bread laden with bacon, lettuce and tomato. Add a slice of cheese and it becomes a BLT Club.

According to foodtimeline.org, foods are not invented but they evolve. With this recipe, we have another take on the BLT, but it's far from being the final wrap.

Heart Healthy BLT Wrap

1 pound light or turkey bacon

4 large whole wheat flour tortillas

2 cups diced and drained tomatoes (may be canned)

1 bag shredded lettuce

1/2 cup light mayonnaise

Lightly brown tortillas in oven or a skillet sprayed with non-stick cooking oil. Set aside. Microwave 16 strips of bacon until crisp.

Spread mayo on the tortillas, then space the strips of bacon on the coated tortillas and evenly sprinkle the diced tomatoes and shredded lettuce on top. Roll tightly, like a burrito.

Also, you can create variations of the basic sandwich, by adding horseradish or substituting mustard, Dijon mustard, Russian or Thousand Island dressing in place of the mayonnaise.

South of the border zip can be added by substituting the diced tomatoes with fresh, drained Pico De Gallo or try pushing the thermal envelope even higher with a sprinkling of your favorite hot peppers.

Make a lunch complete with a large, cold glass of milk and a cup of your favorite light soup.



Older Americans Month

The month of May is dedicated as Older American's Month. The theme for 2012 is **"Never too Old to Play!"**

The goals of Older Americans Month are to:

1. Increase community awareness about the problems faced by older adults;
 2. Strengthen services and opportunities to meet their needs;
 3. Recognize their past and present contributions; and;
 4. Make this special month the beginning of continued interest and activity on their behalf.
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May Day Garden Party Celebration

Today we celebrate our seniors! Seniors 90+ years will be recognized...

Date: Thursday, May 3

Time: 10:30am

Location: Hampton Bays

Date: Friday, May 25

Time: 10:30am

Location: Flanders and Bridgehampton



Date: Wednesday, May 16

Time: 10:30am

Location: Flanders

Treasured Memories!!

Do you have a special item or a treasured memento from a special time in your life? We would love for you to share it with us. Bring it with you and tell us about it or what it reminds you of, who gave it to you or how you obtained it...

Date: Friday, May 18

Time: 10:45- 12:00pm

Location: All Senior Centers

National Senior Health and Fitness Day

100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S. on **Wednesday, May 30, 2012** as we celebrate the 19th annual National Senior Health & Fitness Day. The common goal for this day: to help keep older Americans healthy and fit. Always set for the last Wednesday in May, National Senior Health & Fitness Day is the nation's largest annual health promotion event for older adults.

Join us for some morning chair yoga on the beach. We will follow that with a boxed lunch at the beach.

Pre-registration is required please sign up with Ruthie, Lori or Heather

Date: Wednesday, May 30

Time: 10:30am

Location: Long Beach in Sag Harbor

Fee: \$5.00



Intergenerational Game Day

On this day we welcome our local youth into our centers to have some fun! We will explore various games, some new and of course some oldies but goodies. We are looking forward to laughing and fellowship amongst the generations!

Date: Thursday, May 24

Location: All Senior Centers

Brain Day of Play

Join us for a day of trivia, puzzles and word games to fire up your brain!

Date: Monday, May 14

Time: 10:00am

Location: Hampton Bays Senior Center & Flanders Senior Center

Date: Tuesday, May 29

Time: 10:00am

Location: Bridgehampton Senior Center

Melodies & Memories

Due to the overwhelming success of *Melodies and Memories*, an original music and theatre program designed for seniors, we are offering an all-new spring session!

Dates: Tuesdays, May 1, 8, 15, 22, 29 & June 5, 12, 19

Time: 10:00am-11:30am

Location: Westhampton Beach Performing Arts Center
(Transportation provided)

For eight weeks, once a week, seniors will learn storytelling, theatre and performing skills in a fun and nurturing environment. Participants will return in the fall for our performance-based program, which will blend newly honed theatre skills with beloved classic songs!

Please note that in order to participate in the fall session, you must participate in the spring!

(Suggested Donation \$40.00 for the 8 week session to help defray costs)

See you on the stage!

Pre-registration is required please call 728-1235

“Senior” Prom

The students of the Southampton chapter of the National Honor Society cordially invite you to an evening of light refreshments, fine music and dancing.

Date: Wednesday, May 23

Time: 4pm-6pm

Location: Southampton High School Cafeteria
141 Narrow Lane
Southampton, NY

Transportation is available for a \$2.00 roundtrip fee

Pre-registration is required please call Heather @ 728-1235

